

Good Things for the Table---Offerings of the Market---Household Hints

Home Economics Department

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Cheese and Its Uses

Of the many kinds of cheese made in various parts of the world, the American housewife is accustomed chiefly to the kind known as American, and, possibly, the different kinds of "luncheon" cheeses put up in jars. The average grocer has little demand for the high-priced foreign cheeses such as Roquefort, Parmesan, Brie and Camembert, or their American made imitations. These foreign cheeses owe their peculiar flavors to special processes developed in the particular locality in which they are made.

As far as nutritive value goes, all cheeses are very similar. Because they contain large quantities of protein, they make excellent substitutes for meat. Because they contain much fat, they give the heat units to the foods. Because they contain much of the valuable ash of the milk, they aid in building the bony structure of the body, and also aid in body regulation. Because there is little water in cheese, the food value in proportion to weight is very high. In comparing a pound of round steak and a pound of cheese, we find slightly more protein or body building food in the cheese and about twice as many heat units. At the present time, round steak and American cheese are about the same price per pound.

The only disadvantages in the use of cheese is that it seems to be indigestible to people with weak digestive systems. Part of the difficulty of digestion may be overcome by using the cheese in a finely divided form such as grated or mixed with other foods, so that the digestive juices can penetrate more easily. A common error in cheese cookery is the use of too high a temperature, which causes it to become stringy and hard, hence indigestible. If cheese is baked in the oven, a moderate temperature should be used. If it is used with macaroni, it is better to forego the flavor of the browned cheese on top, and use it only between the layers. If cheese is added to a dish cooked on top of the stove, it should only be added in sufficient time to melt it.

Making of Cottage Cheese.

If one has extra milk, or can obtain skimmed milk from the milkman, or especially likes the flavor of homemade cheese, it is an easy and delicious dish to prepare.

Use sour milk that has set. A quart makes about a half pint of cheese or slightly less. Warm the milk slowly, until the whey begins to separate from the curd. Do not let the milk become hot. Place a piece of cheese cloth over a bowl, pour in the curds and whey, and lift the cloth carefully, allowing the whey to run through. Allow to drain several hours, or squeeze bag lightly.

Serve as a luncheon or supper dish, seasoned with salt, pepper, butter and cream, or shape into balls and serve on a lettuce leaf as a salad or season and use as a sandwich filling. Seasonings good with cottage cheese are chopped green peppers, pimientos, chives, onion, parsley, parsley, etc. Grated cheese may be sprinkled between layers of creamed vegetables such as potatoes, cabbage or cauliflower, and the food baked in the oven. Its use with rice and macaroni has been mentioned before.

Uses with Salads.

Buttered bread, crackers or triscuit may be sprinkled with grated cheese and paprika or cayenne and baked in the oven until the cheese melts. These may be served with salads.

Dainty sandwiches of American cheese may be toasted in the oven to a delicate brown.

Cheese sticks may be made by

Co-operation

Readers are cordially invited to ask Miss Gross any questions about household economy upon which she may possibly give helpful advice; they are also invited to give suggestions from their experience that may be helpful to others meeting the same problems.

working a small quantity of grated American or Swiss cheese into pie dough. Roll the dough to one-fourth inch thickness, cut into inch strips and bake in a moderately hot oven.

Cheese biscuit is two rounds of baking powder biscuit dough baked one on the other with grated cheese between.

Luncheon Dishes of Cheese.

Cheese Souffle.
2 tablespoons butter 1/2 teaspoon salt
2 tablespoons flour 1/2 cup strained cheese
1/2 cup scalded milk 3 eggs
Melt butter, add flour and when well mixed add gradually scalded milk. Then add salt, cayenne and cheese. Remove from fire, add yolks of eggs beaten. Cool mixture and cut and fold in whites of eggs beaten until stiff. Pour into a buttered baking dish and bake twenty minutes in a slow oven. Serve at once.

Cheese Fondue.
1 cup milk 1 tablespoon butter
1 cup soft stale bread 1/2 teaspoon salt
1/2 lb. cheese, cut in small pieces
1/2 lb. cheddar, cut in small pieces
Mix first five ingredients, add yolks of eggs beaten. Cut and fold in whites of eggs beaten until stiff. Pour in a buttered baking dish and bake as cheese souffle.

English Mincey.
1 cup stale bread 1/2 cup soft mild crumbly cheese, cut in pieces
1 cup milk 1 egg
1 tablespoon butter 1/2 teaspoon salt
1/2 lb. cheddar
Soak bread crumbs fifteen minutes in milk. Melt butter, add soaked crumbs, egg slightly beaten, seasoning and cheese. Cook until cheese has melted, pour over toast or toasted crackers.

Open Fire and Range Roasts

A well-known journalist of the past, who made a reputation as an epicure of the first water, held that so-called "roast" meat cooked in ovens is a delusion and a snare. Roast meat, wrote he, "is roast meat, and in order to roast you must have an open fire,

before which the joint is placed in such a manner that the air circulates freely around it." But at the time this was written the modern cooking range was in process of evolution, and the "roasting oven" as now made, with good provision for ventilation and the equal radiation of heat, gives results which closely approximate to roasting before the open fire. At the same time it does not permit of the frequent basting which is essential to successful roasting, and it must be admitted that this old-fashioned and admirable method of cooking joints is falling more and more into disuse.

Though the following extract from "The Table" refers principally to roasting before the open fire, it contains useful hints that may be applied with benefit to the oven method. "To roast properly, the front of the fire must be higher than the joint. You cannot roast a large joint before a little fire. Always hang meat with the biggest part downward; allow for the meat having a tendency to break after cooking when you put the hook into it. For instance, a leg of mutton may be hung safely, when raw, by the split or hole in the bone; but this will give way very often when partially cooked."

"When you put down the joint to

the fire, put it close at starting, so as to harden the outside, and baste it with very hot fat; after some ten minutes, draw back the joint a little. The time, on the average, for beef or mutton is a quarter of an hour for every pound of meat, or a little longer. This is for a really good fire and solid pieces of meat. It is evident that a loin of mutton, weighing, say eight pounds, will take no longer than one weighing four pounds, if you have a good fire, as it is simply twice as long.

"The smaller the joint or bird the more quickly should it be roasted. The joint should be of a rich Spanish mahogany color outside. Brown the joint by putting it closer to the fire, and never flour it at all. To do so spoils the flavor of the meat and ruins the gravy made from the sediment of the dripping. The general fault in roasting pork and veal is that it is not roasted enough. Beef and mutton should be allowed a quarter of an hour for every pound, and a little time over, say ten minutes of a quarter of an hour for small joints. Lamb requires twenty minutes for each pound. Pork and veal require half an hour for each pound up to nine or ten pounds. The management of large joints exceeding this weight is a subject into which we need not enter here.

"A common fault in roasting game and poultry is overcooking, especially in the case of ducks and geese and partridges, and indeed all game. The meat on the breast should cut juicy and moist; the breast-bone when bare after the meat has been cut

off should not have the appearance of having been burnt in the fire. If the stuffing be placed in a goose or a duck warm, a good-sized goose will not take more than one hour and a quarter to one and a half hours to roast, and a duck about forty minutes.

"All the game and poultry require a fierce fire and constant basting and should be sent to table direct from roasting, and not be finished long before they are wanted and then kept hot."—Philadelphia Ledger.

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READ BEE WANT ADS

Pumpkin Pies Here and Cranberry Sauce Also

Pumpkin pies and cranberry sauce for Thanksgiving will be easily within the reach of the housewife's pocket-book this year. Cranberries are plentiful and fine at the old-time price of ten cents a quart and the big, yellow pumpkins are only fifteen to twenty-five cents each.

Don't plan for apple pie unless you are ready to pay a big fat price. There "ain't no such thing" as cooking apples in Nebraska. The ones they have're brought from Virginia and they're poor specimens and sell at fifty cents a peck. Fancy apples from Washington and Oregon are plentiful. Some of these bloated specimens weigh eighteen ounces each and sell at \$1 a dozen.

Nice black walnuts have arrived on the market and sell at five cents a pound in the shell. Potatoes still hold at about fifty cents a peck. Sweet potatoes are

five cents a pound for the common or garden variety, while the big, fancy fellows from New Jersey's sandy fields command ten cents a pound. Chestnuts have arrived, though not in very great quantity. They are forty cents a pound. The big Italian chestnuts may be had at only twenty cents a pound.

Dates of various kinds are plentiful this year, stuffed dates, candied dates and just plain dates. Figs are also very fine. Many of them come from California where they now raise just as fine figs as they do in Smyrna, and they claim they are more sanitary and cleanly.

Tokay grapes and grapes from Spain are plentiful and good. Grape fruit of very good quality is on hand from the Florida groves. Celery is nice and crisp at five and ten cents a stalk. Green peas and string beans are also on the market in goodly quantities.

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Home Dressed Spring Ducks or Geese, per lb. 18 1/2c	Good Butterine, per lb. 18c
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Choice Steer Rib Roast, lb. 15c	Extra Fancy Bellflower Apples, peck 35c
Choice Steer Shoulder Roast, lb. 12 1/2c	Extra Fancy Sifted Peas, 2 cans for 35c
Choice Steer Brisket Steak, lb. 12 1/2c	No. 2 cans Tomatoes, 2 for 25c
Choice Steer Round Steak, lb. 12 1/2c	No. 2 cans Kraut, 2 cans for 25c
Choice Steer Shank Steak, lb. 12 1/2c	Washington's Best Flour, every sack warranted, per sack \$2.40
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Pig Shoulders, lb. 13 1/2c	Extra Fancy Veal Stew or Breast, per lb. 11 1/2c
Pig Side Pork, lb. 17 1/2c	Extra Fancy Veal Chops, lb. 18c
Pig Spare Ribs, lb. 16 1/2c	1916 Forequarters Lamb, lb. 12 1/2c
Choice Cured Breakfast Bacon, per lb. 18 1/2c	1916 Hindquarters Lamb, lb. 12 1/2c
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